



B R O W N R I C E V ' S W H I T E R I C E

Why does Oliver's serve brown rice with their curries?

Brown rice is not only better for you, but it's better for the environment than white rice too.

So what's the difference?

Rice goes through a variety of processes before it's ready for cooking. After harvesting, the seeds are run through a rice huller/husker for milling to remove the outer grain husks. After this process, you're left with brown rice. Nice and simple.

To create white rice, there are a number of added steps. The germ and the inner husk (bran) is removed, the grain is then polished, usually using glucose or talc.

The crazy thing is that these added steps to turn brown rice to white remove nutrients, which are sometimes then introduced back in via synthetic sources - this is called fortified white rice. The same type of thing happens in the brown bread vs. white bread scenario.

The loss of nutrients is broad and substantial. Plain white rice has far less vitamin E, thiamine, riboflavin, niacin, vitamin B6, folate, potassium, magnesium, iron and over a dozen other nutrients.

Added to that, the dietary fibre contained in white rice is around a quarter of the amount found in its brown counterpart.

So, brown rice certainly appears to be healthier, but where does the environmental benefit come from? It's basically down to processing - the less processing of a food, the less energy required. There's also the issue of the synthetic vitamins added back in - produced in laboratories and factories from a variety of chemicals; and these sorts of processes are well known for their negative impact on the environment.

Once you've acquired a taste for brown rice, it's likely you'll never go back to white.

Try some today at



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